



AmeriCorps
Seniors

Bone Builders

A Free Strength Training and Balance
Exercise Program

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Serving
Bennington,
Windham,
& Windsor
Counties

- Prevents and Reverses Osteoporosis
- Improves Muscle Strength
- Increases Bone Density and Balance
- Enhances Energy and Well-Being



Proudly Sponsored by Southwestern Vermont Council on Aging

About Osteoporosis

Osteoporosis is a disease of the bone that makes a person's bones weak and more likely to break. Approximately 10 million Americans have osteoporosis and another 44 million have low bone density, placing them at increased risk.

There are 2 million fractures per year due to osteoporosis. The cost of osteoporosis in the U.S. is estimated to be \$19 billion annually.

Eating a healthy diet and exercising regularly can help slow or stop the loss of bone mass and help prevent fractures.

Studies published in the *New England Journal of Medicine* and *The Journal of the American Medical Association* show that women who participated in a twice weekly weight training program for a year gained an average of 1% of bone density.

They also experienced increased strength, better balance, more energy, and enhanced feelings of well being.

Half of all adults age 50 and older are at risk of breaking a bone and should be concerned about bone health



About Bone Builders

FACT: Proper strength training causes muscles to put tension on bones, which stimulates bone cell growth and increases bone density.

The RSVP Bone Builders Program relies upon weight training and balance exercises to:

- Protect against fractures caused by osteoporosis
- Increase muscular strength
- Increase bone density
- Prevent falls

By utilizing Volunteer Bone Builders Leaders and donated sites, RSVP is able to offer this **FREE** exercise program in Bennington, Windham, and Windsor Counties.

Volunteer Bone Builder Leaders are often former class participants. Leader training is provided by a master trainer, with additional support, training and development as needed.

Classes are on-going and are held twice a week for a duration of one hour each.

“A key to increasing bone density is participation in weight bearing exercise twice weekly for at least six months.”- Dr. Miriam Nelson



About Green Mountain RSVP

Green Mountain RSVP (Retired Senior Volunteer Program) is an AmeriCorps program which links more than 270,000 Americans to service opportunities nationally. We are sponsored by the Southwestern Vermont Council on Aging. Funding for GMRSVP is provided by AmeriCorps, the State of Vermont, and the towns in which we serve.

We match individuals age 55 and older with non-profit organizations that provide service to the community in Bennington, Windham, and Windsor Counties.

To learn more about Bone Builders and other
GMRSVP Volunteer Opportunities:

Bennington

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Ascutney

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